

You probably seen videos and CDs for babies. There are some theories that classical music can make your baby smarter, and exposing your baby to music is part of what we do to introduce them to all the sights and sounds of their world.

Music can definitely help calm your baby down and put him in a restful state at bedtime or nap time. What are some good choices for a baby?

Almost anything you love or use for relaxation is good for a baby too. There are good collections of Mozart or Bach for bedtime. The music of Enya can be very soothing as well. Georgia Kelly's harp music is also relaxing and peaceful.

When your baby awake, there are lots of nursery rhymes or music from kids? Movies that can stimulate his senses. We are known kids who respond to minimalist Phillip Glass's music; it's simple and rhythmic and when they get older, they will dance with it. Spirituals and soft gospel

music are also good choices to help the baby get to sleep.

White noise, in the form of a fan (not directed right at the baby), or from sound machines that simulate the sound of an ocean or rain can be restful as well, and can block out noise from the home. You do not need to create an artificially silent environment for the baby, however, since that can make it harder for them to get to sleep when the home's rhythms and noises get back to normal.

This is a great time for you to explore classical music as well, if it is not already part of your life. The same music that is helping your baby get to sleep can help soothe your own nerves and provide a wonderful time of bonding and restfulness for you and your baby together.